

A path to a healthier you

A medically-supervised meal replacement and behavioral modification program

MercyOne Des Moines Weight Loss & Nutrition Center believes a healthy lifestyle is the cornerstone of weight management. Through our wide array of services, our staff provides support and encouragement to help you achieve your weight loss goals.

Health gains of weight loss

The benefits of losing weight can begin soon after you start a MercyOne weight loss program. Some benefits include:

- Lower blood pressure
- Lower cholesterol
- Lower risk of heart disease
- Improved blood sugar levels
- Relief of sleep apnea and acid reflux
- Fewer and less severe asthma attacks
- Relief of pain and disability from osteoarthritis and low back pain

Imagine the difference

Weight loss. Improved health. Renewed energy and self-esteem. MercyOne meal replacement program can make a difference. Clinically proven to achieve lasting changes, this medically supervised program treats the whole you, not just your weight.

One study of 20,000 patients showed:

- 52 lb. weight loss average
- 29% decrease in blood glucose
- 14% decrease in cholesterol
- 11% decrease in blood pressure

Medically supervised journey to a healthy weight

Routine medical monitoring ensures you improve your health while you lose weight. Our staff understands lifestyles vary considerably. We provide personalized support to help identify stressors, eating triggers and habits that contribute to weight gain. We help build a new healthy lifestyle that fits food and activity preferences into an everyday routine.

Let the MercyOne experts help you gain your life back by losing weight.

We offer:

- Medically managed meal replacement program.
- Bariatric surgery. Minimally invasive or robotic gastric bypass, gastric sleeve and conversion surgeries.
- Dietitian services focused on nutrition sessions, personalized and one-on-one.
- Healthy living classes and cooking demonstrations.
- Medical weight loss visits including guidance, support and medications with an obesity-certified physician.



Map to success

Request your free, no-obligation weight loss consultation to discuss our program in detail and to learn about treatment options, program costs and flexible payment options.



Scan and click to request a **FREE weight loss consultation** or call **515-358-9400** to schedule your session today.